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EDITORIAL.

Eternal Life :—

Man shortens his days because he violates the laws of Right Living. And Man lengthens his days when he lives close to Nature and recognises God as the One GOOD in all His ways. Old Age is only a Race-Thought which has taken its deep root in the human mind. It can be rooted out by the understanding of the laws of Occult Science. That deep rooted suggestion hinders the onward progress of the race. To overcome such a suggestion it is better not to think of Old Age. Speak not of it. Think of Yourself as New-Born here and now. Never talk of past sorrows or joys. Forget them all. Don't harp on the worst. It never helps you to achieve anything useful. Worry is a killer of your Vital Energy. Expect only the best of everything and expect it all the time. Think always of the most delightful things in life. Be Optimistic, Hopeful and Courageous at all times. Be Bright, Cheerful and Happy. Picture yourself to be Healthy, straight and Strong, Vigorous and Full of Vitality, Alive all over with LIFE, Abounding Life!

A continued practise of this exercise will reward you with NEW LIFE into all your atoms, re-vivifying them and bestowing upon them the ELEXIR of Eternal Life, HERE and NOW!

Blessings of the Almighty God :—

It was the Sabbath day, and in the evening Jesus stood beside a pool. A child accidently feel into it. It was drowned. And its relatives were carrying it away. But Jesus stopped them and stretching it upon the ground, he breathed into it the Breath of Life. Then he called aloud unto its departed soul and soon it responded to His wish. The child revived and lived.

Whoever is not kind to every form of life,—to man to beast, to bird and creeping thing,—cannot expect the Blessings of the Almighty Spirit. For as we give, so God will give to us.

Vital Magnetism :—

To employ Vital Magnetism in the cure of ailments, you as a Healer, should necessarily have a sound knowledge of your own system, physically and psychologically. You can then alone be competent to employ your Healing force with Success. You should know in each particular case with what particular organ to send forth the Healing Force, that is to say with the eyes, the hand or the Voice. The hand possesses wonderful power as an agent in transmitting your Vital energy to your patient; and when it is carefully used in conjunction with the eye (Magnetic Gaze) the results are most astonishing.

Thought, Word and Deed :—

If ever any unkind thought enters your mind, take care that the thought does not evolve to Word, and also let that word be not moved to Deed. If ever a Love inspiring Thought enters your Mind, see that you evolve it into a Word, so that it may help to bless the world at large. And if ever you cherish a GOOD THOUGHT and Word, it is your duty to express that Thought and word into DEEDS of Good, so that the human family atlarge may be benefitted by them.

A Beautiful Person :—

A beautiful person is the natural form of a beautiful soul. The mind builds its own house. The soul takes precedence of the body, and shapes the body to its own likeness. A vacant mind takes all the meaning out of the fairest face. A sensual disposition deforms the handsomest features. A cold, selfish heart shrivels and distorts the best looks. A grovelling spirit takes all the

dignity out of the figure and all the character out of the countenance. A cherished hatred transforms the most beautiful lineaments into an image of ugliness.

A Cure for Mental Worry:—

Dr. Manseman, a notable physician of the last centuary, once published a work ent tled, "The Physical and Mental Treatment of the Human Body," in which he gave the following cure for mental worry: "Let the sufferer think of the person he or she loves best; dw el upon their charms and graces; cogitate deeply upon the affection they bear the one for the other. If this does not have a soothing effect, then let the patient try a small draught of strongly-brewed tea with a lump of ginger in it. The efficacy of this is wonderful."

How to Detect the Insane:—

It is very difficult to deceive an expert successfully on the question of sanity. In examining a man for insanity, Dr. Hammond stated: We talk with him in an ordinary sort of manner, ask him questions to test his memory, and give him an opening to disclose any delusion he may have, lead him into little discussions to test his reasoning powers and determine whether he is able to think logically or not, and crossexamine him with a view to trapping him into contradicting himself. We also examine his handwriting, specimens written at the time when he was known to be sane, and specimens written at the time of the examination or just previous to it. We also note his voice and the way in which he uses words. It he be truly insane, he will be given to clipping words.

The Colour Cure for Insanity:—

In the good time coming the very colours that we see around us in our rooms will tend to soothe and help us. In the hospital for the insane at Alles-Andra, in Italy, special rooms are arranged with red or blue glass in the windows, and also red and blue paint on the walls. A violent patient is suddenly brought iuto a blue room, and left to the effects of the colour on his nerves. One maniac was cured in an hour, another was at peace in his mind after passing a day in a room of violet. The red room is used for the commonest form of dementia—melancholia—usually accompanied by a refusal to take food. After that resource in the red room a patient affected in this way begins to look cheerful.

Voices and Sounds in the Air.

REMARKABLE DISCOVERY.

Operators at wireless stations (say leading journals) are reporting that they occasionally hear the sounds of voices, music, tramping of crowds, and explosions of sound, for which they cannot account. It is supposed that in some as yet not understood way the vibrations of the wireless pick up these saunds. The operators say that the air does not suffer from "attenuation" as wires do, and that they believe that the wireless station will eventually be able to pick sounds at any distance! If this is true we may be on the eve of astounding discoveries. It may be possible that in the future, voices uttered in the past will be brought back to us on the waves of the air. Here is the theory.

Vibrations of all sounds are thrown into the air and remain there for some time. This is shown by the length of time required for an echo to return to its starting point, by the length of time which elapses between sending and receiving of a wireless call, and by the fact that sound travels to us, as indicated by the little pause which can be perceived before we hear what some one has shouted to us from a distance. The air envelope around the earth is only fifteen miles deep; outside of that radius vibrations cannot carry. This has been demonstrated by the kites which weather bureaus have used for a number of years, to help in the prediction of temperatures. From all this evidence we have this deduction, say scientists—that the earth is a ball whirling around in space with an envelope of air fifteen miles thick, an envelope which must have absorbed all the sounds that have been made since the world began.

The question is. Where are those sounds? They must be somewhere. Somewhere within the radius of fifteen miles, unless their vibrations have died out, and recent experiments have shown the probability that vibration is the real perpetual movement. The range of the wireless, np to date, is 3000 miles, so that at this comparatively early day in electrical science it may be that we are beginning to pick up these vibrations. Wireless operators are always complaining of "breaks" in their transmissions—queer, odd sounds, which seem almost articulate, and which cannot be accounted for on any other ground than that of some phenomena connected with the lingering vibrations of past centuries. These are the conclusions of scientific men.

If the sounds of music, voices, and tramping feet are registered in the atmosphere around and above us, surely they are registered in the rooms we live in. What sounds are we sendding out daily ? We have learned through Psychometry that the history of our lives is imparted to the clothing we wear and the very rocks contain the revelations of past ages. It is therefore, not beyond belief that the atmosphere holds records of which we can have no possible conception. (Message of Life).

The Keys of Knowledge.

By Mr. Walter DeVoe, F. I. A. Sc.
Editor, Vitality.

In order to be successful in any line of work you will need to use words. By the magic that exists in words you can arouse all human emotions.. By the use of audible or written words you can sway multitudes to think and feel as you wish.

You must understand words, then, in order to use them powerfully. You can develop a comprehensive understanding and a wonderful memory by the following simple game of solitaire with words. Get blank cards about three by five inches. Write a word in the center of a card, then look up the various meanings of the word in a dictionary. After reading the definitions and synonyms carefully, choose four words from them and write those four words on the back of the card, one in each corner. Now you have a larger comprehension of the word written on the face of the card, and the gist of what you have learned is represented by the four words on the back of the card. By studying and writing these words you have imprinted them upon your mind very clearly, and it needs only repetition and the association of the words together to enable you to recall them with ease.

Make one or more of these cards every day, choosing a new word for each card and placing on its back the words that are related to the word on the face of the card. Then by going through your pack of cards, one by one, and trying to recall the four words on the back of each card you exercise your power to recollect, because you develop the association fibres between the various parts of your brain in which each thought is recorded. At the same time this study of words will develop the power of mind to understand many things which are now hidden to you. Words are keys that unlock the many storehouses of human knowledge and divine wisdom

THE LAW

The sun may be clouded, yet ever the sun
Will sweep on its course till the cycle is run.
And when into chaos the systems are hurled
Again shall the Builder reshape a new world.

Your path may be clouded, uncertain your goal
Move on, for the orbit is fixed for your soul.
And though it may lead into darkness of night
The torch of the Builder shall give it new light.

You were, and you will be, know this while you are
Your spirit has traveled both long and afar.
It came from the Source, to the Source it returns ;
The spark that was lighted eternally burns.

It slept in the jewel, it leaped in the wave ;
It roamed in the forest, it rose from the grave ;
It took on strange garbs for long eons of years
And now in the soul of yourself it appears.

From body to body your spirit speeds on.
It seeks a new form when the old one is gone,
And the form that it finds is the fabric you wrought
On the loom of the mind, with the fibre of thought.

As dew is drawn upward, in rain to descend,
Your thoughts drift away and in destiny blend.
You cannot escape them : or petty, or great
Or evil, or noble, they fashion your fate.

Somewhere on some planet, sometime and somehow
Your life will reflect all the thoughts of your now.
The law is unerring : no blood can atone ;
The structure you rear you must live in alone.

From cycle to cycle, through time and through space
Your lives with your longings will ever keep pace.
And all that you ask for, and all you desire,
Must come at your bidding, as flames out of fire.

You are your own devil, you are your own god,
You fashioned the paths that your footsteps have trod.
And no one can save you from error or sin
Until you shall hark to the spirit within.

Once list to that voice and all tumult is done ;
Your life is the life of the Infinite One.
In the hurrying race your are conscious of pause,
With love for the Purpose, and love for the Cause.

(Ella Wheeler Wilcox).

Mighty Forces
Center Upon Your Soul.

According to appearances and astrological conditions there may be much against you and against mental and spiritual development, but these conditions exist to be overcome. We show you how to turn your attention from appearances to the eternal principles of divine Reality. "If God be for us, who can be against us" This means if we are one with the positive state of Mind we can overcome the forces in the negative universal mind.

You must remember and get it clearly in mind that the planets can act upon you only through certain centers in your nature, with whose qualities they correspond, and if you cultivate those centers to become more positive and resistant, then the waves of negative force or astrological influences which impinge upon those centers and either disturb or draw from them, will no longer be able to affect those centers because they will not be in the same vibrations. You know that a wireless vibration requires an instrument perfectly tuned to it or the message is not received. By birth your instrument was tuned to certain vibrations and conditions; now by a higher thought and the power of your awakening soul you can gradually but surely change the tune of your organism. I worked alone for five years before I saw much effect from my efforts, and I had tremendous mental obstacles to overcome in the form of individuals about me who were very strong minded and sarcastic and destructive in their thought power; but in spite of them and their constant resistance and cutting thoughts, I was able to overcome for myself and others, and evolved a new world and a new body in which to live

Do not look at the limitations in the form of astrological conditions, but keep your mind single to the principles of eternal Truth. You have believed that thought has but a small power and little influence, but remember that just as the astrological influences have certain centers and certain responsive vibrations in the body, so the mighty forces of the mind of God have centers in you, and if you will tune up your soul, it will become a center upon which God's mighty forces will play, and thus you will begin to individualize God's Power.

Mr Walter De Voe, F. I. A. Sc.

Glimpses of Celestial Lift.

Into the very midst of modern Agnosticism has been launched a new irruption of Occultism and to such an extent that in scientific circles it is pretty generally admitted that the strongholds of Materialism have fallen. Psychical Research has already made such headway among distinguished scientific celebrities that it is impossible for any such vaunting denial of a spiritual universe as made itself powerfully heard late in the 19th century to longer gain a respectful hearing among men and women who are endeavoring to keep abreast with the latest scientific revelations.

Among the leading scientists of renown who have recently completed their physical activities Profesor Alfred Russel Wallace long held exalted rank, largely on account of his extensive researches and important discoveries as a Naturalist causing him to rank with the illustrious Charles Darwin as an original discoverer. Wallace was an evolutionist in theory as much as Darwin, but there was this wide difference between the mental attitude of these two widely experienced men; Darwin remained an agnostic till the close of his earthly career while Wallace blossomed into an uncompromising spiritulist. It would have seemed until very recently, highly improbable that we should be able to refer our readers to a scientific book written by a famous Naturalist for information on such a topic as Celestial Hierarchies, but every reader of Wallace's magnificent treatise "The World of Life" will find a description of different orders of celestial intelligence closely according with the teachings of professed Gnostics and Mystics often erroneously supposed to be fanciful fanatics alien in spirit to all that deserves to be considered scientific.

There is certainly one vital difference between the Conclusions of Wallace and those of certain schools of Gnostics regarding the origin and nature of these seemingly super-human or ultra-human hierarchies, because our modern author agrees with Swedenborg that they are progressed humanity, while an old and still prevalent theory among dogmatic theologians it that they are of fan other Order in the Universe. Without venturing to dogmatize concerning other classes of entities than the human we can readily accept the inference that those with whom we come into immediate contact spiritually are of our own race and there are many strong and valid reasons for this contention. It must surely occur to every one who thinks at all upon possible human spiritual progress that we must

at sometime and in some manner attain to positions of power and knowledge far beyond our present limitations. If this be granted naturally, ask what will probably be the conditions of our life and the nature of our occupations as we ascend the ladder of progressive attainment; then judging from all familiar human analogies we are inevitably led to the conclusion reached by Wallace in the book referred to, and he is by no means lonely in his conclusion that we continuously glow in spiritual attainments till we are eventually competent to fill positions of leadership over successive generations of incarnated humanity.

Reasoning simply from the analogies of world-wide human experience we are unmistakably led to accept this readily comprehensible position, for we see children growing up continually into men and women and becoming parents and teachers in their turn.

Now if there were no evidence in Nature of any such growth and development we might not be able so readily to comprehend the actual relationship subsisting between ourselves and our spiritual overseers, but in the light of all we know of natural operations we can find as rational or logical obstacle in the way of looking forward to an attainment of the estate of Super-humanity, just as we proceed by gradual development from physical and intellectual infancy to bodily and mental maturity. We may know positively nothing of innumerable orders of existences in the Universe outside the human enclosure, yet we cannot deny even if we may not definitely affirm, Rosicrucian and kindred testimonies to the reality of Planetary Spirits above our level and Elementary Intelligences below it.

The ancient Hermetic doctrine has much to commend it to scientific thinkers for it accords perfectly with the main idea of universal unity upon which all schools of scientists are fundamentally agreed. The law of universal correspondence assures us that all planes of Nature are regulated in the same orderly manner, therefore it follows that we can accept the essential Hermetic axiom AS ABOVE SO BELOW. Above and below are terms which are often interchangeable with without and within, therefore we hear of first a new heaven and then a new earth, because all events occur in some interior realm before they can recur physically. No illustration is more forceful and familiar than that of the architectual design in the mind of an architect necessarily preceding the erection of an external structure; in like manner we can readily conceive of an inner world of spiritual causation antedating the manifest world of physical effects.

It is surely necessary, if we would construct a rational philosophy of our universe, to think out some intelligible system of administration rather than to endeavor to conceive of blind force giving birth to rational intelligence. Life, as we behold it, is a magnificant and richly varied panorama of effects continually proceeding from some generally unseen cause, but tho by no means fully known, the regions of causation are by no means totally unknowable.

The testimony of seers and sages throughout the ages is by no means properly negligible and no facts of history are more conclusively demonstarted than that the greatest thinkers in all climes and thro all periods of recorded history have declared in favor of the reality of various graduations of spiritual beings both superior and inferior to ourselves in our present stages of development.

Not only have we abundant ancient and age-long testimony at our call but the present day is furnishing numberless and ever increasing testimonies to the same general disclosure. Thomas Huxley, despite his avowed agnosticism, placed himself on record as considering it no more improbable that there should be a lifeladder above our present human level than that there should be one, and a very long and complicated one, below it. Evolutionists never tire of dilating upon the ascent of life, from lower to higher forms, while the evolutionist has something to say concerning the spiritual forces which are causing this external evolution or unrolling, as evolving actually signifies. When we have completed our rounds of progressive experience on lower spirals, we shall assuredly have opportunities for expansion and expression on higher spirals, consequently we can readily follow Wallace and other representatives of a spiritual evolutionary school who bid us contemplate our humanity in some cases already risen and in other instances now rising to states that we may designate angelhead and archangelhead. The distinguishing line drawn in Gnostic treatises between angels and archangels is practically the difference between architects and buildors. As all life is on a scale of progressive evolution as far, as we can discern or comprehend, and as we witness an immense and amazing variety of forms all around us wherever we may direct our gaze, and, moreover, as we feel within us a constant spiritual urge to climb up higher there seems no reason whatever in this age of irrepressible

inquiry and undaunted investigation why we should not adventuriously seek to explore inner as well as outer realms of Nature, following fearlessly but reverently and in some sense cautiously in the track of those bold adventuries of days gone by, who have handed on to this generation a priceless legacy of information concerning planes of Nature far more real in the truest sense because farmore permanent than the outer crust of this planet, which is so often shaken and disclosed by earthquakes and other tempestuous upheavals. Perpetual progress is the manifested law of life everywhere, so far as human thought can peer. Desire for continual advancement inheres in the inmost constitution of our humanity, and as we can and do mentally out-picture human attainments far beyond our present in tellectual and moral levels, we surely do well to encourage the blissful rational expectation that our destiny is to press continuous'y forward to reach these glorious heights where now stand the elder members of our great homogeneous human family.

All elevating spiritual teachings assure us that we must work and win our way upward. There are no spiritual prizes which are not awards of actual merit. Let us then press bravely onward, undismayed by whatever obstacles may beset our journeying, convinced that naught of which we can conceive is too lordly for us eventually to achieve.

By Mr. W. J. COLVILE F I Asc,.

How the Spirit Leaves the Body.

ANDREW JACKSON DAVIS DESCRIBES WHAT HE HAS SEEN.

And now, having disposed of these general considerations, I will tell you what I have seen. I will not give descriptions of phenomena from my supposition or imagination. I suppose that I need not repeat that I have had the peri-scopic and clairvoyant ability to see through man's iron coating for the past fifteen years; neither need I again remark that, within the last twelve years, the result of the exercise of this faculty has come to be to me an "education". I have stood by the side of many deathbeds; but a description of manifestations in one case will suffice for the whole.

I found that the physical body grew negative and cold in proportion as the elements of the spiritual body grew warm and positive. Suppose a human being lying in the death-bed before you. Persons present not seeing anything of the beautiful processes of the interior, are grief-stricken and weeping. This departing one is a beloved member of the family. But there, in the corner of the room of sorrow, stands one who sees through the outward phenomena presented by the dying one, and what do you suppose is visible? To the outward senses the feet are there; the head on the pillow; and the hands clasped out-stretched, or crossed over the breast. If the person is dying under or upon cotton, there are signs of agony, the head and body changing from side to side. Never allow any soul to pass out of the physical body through the agony of cotton or feathers either beneath or in folds about the sufferer.

Suppose the person is now dying. It is to be a rapid death. The feet first grow cold. The clairvoyant sees right over the head what may be called a magnetic halo—an ethereal emanation, in appearance golden, and throbbing as though conscious. The body is now cold up to the knees and elbows, and the emanation has ascended higher in the air. The legs are gold to the hips, and the arms to the shoulders, and the emanation, although it has not arisen higher in the room, is more expanded. The death-coldness steals over the breast, and around on either side and the emanation has attained a higher position nearer the ceiling. The person has ceased to breathe, the pulse is still, and the emanation is elongated and fashioned in the outline of the human form! Beneath, it is connected with the brain. The head of the person is internally throbbing—a slow, deep throb—not painful, but like the beat of the sea. Hence the thinking faculties are rational while nearly every part of the person is dead! Owing to the brain's momentum, I have seen a dying person, even at the last feeble pulse-beat, rouse impulsively and rise up in bed to converse with a friend, but the next instant he was gone—his brain being the last to yield up the life-principles.

The golden emanation, which extends up midway to the ceiling, is connected with the brain by a very fine life-thread. Now the body of the emanation ascends Then appears something white and shining, like a human head; next, in a very few moments, a faint outline of the face divine; then the fair neck and beautiful shoulders; then, in rapid succession, come all parts of the new body down to the feet a bright, shining image, a little smaller than this physical body, but a perfect prototype or reproduction, in all except its disfigurements. The fine life-thread continues attached to the old brain. The next thing is the withdrawal of the electric principle. When this thread snaps, the

spiritual body is free ! and prepared to accompany its guardians to the Summer-Land. Yes, there is a spiritual body; it is shown in dishonor and raised in brightness.

There are persons in the room of mourning; they gather around; they close the sightless eyes, and friendly hands commence those final preparations with which the living consecrate the dead. The clairvoyant sees the newly-arisen spiritual body move off toward a thread of magnetic light which has penetrated the room! There is a golden shaft of celestial light touching this spiritual body near its head. That delicate chain of love-light is sent from above as a guiding power. The spiritual being is asleep—like a just-born happy babe; the eyes are closed; and there seems to be no consciousness of existence. It is an unconscious slumber. In many cases this sleep is long; in others not at all. The love-thread now draws the new-born body to the outside door. A thought-shaft descends upon one who is busy about the body. This person is all at once "impressed" to open the door of the dwelling and to leave it open for a few moments. Or, some other door of egress is opened; and the spiritual body is silently removed from the house. The thread of celestial attraction gathers about and draws it obliquely through the forty-five miles of air. It is surrounded by a beautiful assemblage of guardian friends. They throw their loving arms about the sleeping one, and on they all speed to the world of Light; Clairvoyants and mediums see this; and they know it is true. Many are the witnesses to these celestial facts.

Again, I remind you that if there is a spiritual body, it must be something; if something, it must have an existence and a position somewhere in space; if in space, it must follow the laws of space, including time, and have a relative as well as an absolute consciousness.

At the battle of Fort Donelsen I saw a soldier instantly killed by a cannon ball. One arm was thrown over the high trees: a part of his brain went a great distance; other fragments were scattered about in the open field; his limb and fingers flew among the dead and dying. Now what of this man, spiritual body? I have seen similar things many times—not deaths by cannon-balls, but analogous death by sudden accidents or explosions. Of this person whose body was so utterly annihilated at Fort Donelson, I saw that all the particles streamed up and met together in the air. The atmosphere was filled with those golden particles—emanations from the dead—over the whole battle-field. About three-quarters of a mile above the smoke of the battle-field—above all the "clouds that lowered" upon the hills and forests of black discord, there was visible the beautiful accumulation from the fingers and toes and heart and brain of that suddenly killed soldier. There stood the new spiritual body three-quarters of a mile above all the discord and din and havoc of the furious battle! And the bodies of many others were coming up from other directions at the same time; so that from half a mile to three and five miles in the clear, tranquil air, I could see spiritual organisms forming and departing thence in all directions. First the face, then the head, then the neck, then the shoulders and arms—the whole smaller than the natural body but almost exactly like it—so that you could instantly recognize the form and features of your old friend, only you would say, "Why, James, how improved you are! You look brighter and more beautiful, don't you?" Your countenance has more quiet and love in it." So entirely natural is "the spiritual body" which the good God has wisely planned and caused to rise out of this terrestrial filth and corporeal corruption!

The man so killed—what was his sensation? It was for the time suspended. To him, existence was nothing. Just think of the case. He was a healthy, stout, strong Illinois mechanic, who had bravely gone out with his loaded musket to do battle for the "Stars and Stripes". His sudden death was to his consciousness what the hammer is to a piece of flint. If a hard flint is struck quick enough, it will fly into impalpable powder. If struck with less speed, it would not be crushed nor destroyed. It is the suddenness of the stroke that surprises "cohesion" in the flint, as the cannon-ball for the moment annihilated the "sensation" of individuality in the man. Individuality usually returns, in cases of sudden death, after a few days in the homes of the Summer-Land. They are usually guided to some Brotherhood, to some Hospital, or to some open-armed Pavilion, and there they are watched and tenderly cared for, as are all who arrive from lower worlds. When the time approaches for the spirits awakening, then celestial music, or some gentle manipulation, or the murmuring melody of distant streams, or something like breathing passes made over the sleeping one, causes "sensation" to return and thus the new comer is introduced to the Summer-Land.

The Life Attitude Furnishes the Life Pattern.

By Dr. Orison Marden F. I. A. Sc.,

To day is mine. In it no infamy of thought,
Hate, Anger, Fear, Disease or Jealousy shall come,
To keep "my own" from me. "My own" is Health,
Peace, Poise and Length of Days in this glad world,
With Plenty—full of smiles—near by.

—Madalene Abbott Lang, in "The Way Out."

There is every evidence in the human plan that man was made to express completeness, wholeness—not a half nor a fraction of himself; a hundred, not twenty-five or fifty per cent of his possibilities; made to express excellence, not mediocricy, and that the half lives and quarter lives which we see everywhere are abnormal.

I wish it were possible to show the youth of this land the tremendous importance of constantly holding the mental picture of themselves as they would like to be, are ambitious to be.

If we only knew the magical power of keeping before us mentally the perfect, the divine image of ourselves, instead of the imperfect distorted one, we could quickly revolutionize our characters. If we could only hold in the mind the qualities which we long to possess, the ability which we would like to have, we would make rapid strides towards perfection and the superb specimen of manhood or womanhood we desire to become.

The picturing of your ambition, your soul longings, as already accomplished is absolutely necessary to their realization. For it is in this mental visualizing that the germs are born which mature into actuality. Here is where plans for your life structure are made.

Every achiever is an architect in that he must make his own life plans, and the completeness and perfection of his building will depend upon the clearness and perfection of his mental plans.

Our lives follow our ideals. We tend to become like our aspirations. If we constantly aspire and strive for something better and higher and nobler, we cannot help improving.

" Entertain no desire that does not aspire to greater things; think no thought that does not contain the spirit of growth; permit no imagination that does not picture the higher and the better in life, and work for no purpose that has not the upward and the onwatd as its constant goal in view."

Every thought, idea, motive that enters the mind affects every cell in the whole body. Whenever you change the consciousness, change the thought, the mental attitude, there iscorresponding physical change also.

The way to strengthen a weak faculty is by concentrating upon the end we have in view, thinking upon it, dwelling upon it, using it until we have strengthened its power and facility. Any deficient or undeveloped faculty or quality can be strengthened in this way.

We ought to be able at will to freshen and to invigorate our minds with noble thoughts, lofty purposes, with grand ideas, by the contemplation of the beautiful, the true.

If you want to make yourself popular, begin by trying to be as agreeable as you can to everybody. Mechanically bring your weak faculties into activity until they become strong.

If you lack ambition, cultivate it just as you would any other quality. Assume an ambitious attitude and bearing and your manner and conversation will soon convince people that there is a new force in your life, for you will talk and act like an ambitious person, one who is bound to do something and to be somebody in the world.

Whatever passes through the mind, the life processes register with the faithfulness of truth, so what you think, you must become.

The reason why our lives are so lean and our achievements so small is because we think too meanly of our possibilities and set such narrow limits to our accomplishment. We allow our doubts and fears, our criminal lack of self-faith, to drive away the good things of life for which we strive. The statute cannot be greater or more beautiful than the model in the sculptor's mind; what he brings out of the marble cannot overtop his ideal. He must hold a grand conception in his mind or he, cannot bring it out of the stone with a chisel.

No matter how your condition seems to contradict it, insist upon holding a grand picture of yourself the image of your better, your divine, self If you do not have a high estimate of yourself, your possibilities

if there is a flaw in your ideal, if it is warped and twisted, mean and lean, the defects will be outpictured in your life.

It is a great thing to establish the consciousness of your superioriity your divinity for what you think of yourself, your estimate of your ability and your character, what you believe you stand for in the world, will largely determine your position in life.

Your mind becomes impressed with your self-estimate, and your convictions govern your actions. Your small estimate of yourself will make a pigmy's impress upon your conviction and, you will be barred from doing the work of a giant. You must think yourself a giant before you can do a giant's work.

If your life is ever transfigured, it must be by your own mental effort, your own glory—the glory that comes from within, not from without.

Let your whole aim and ambition be to construct produce, achieve, create things worth while, and you will be surprised at your increased capacity, your enlarged power for doing things,

A sort of concentration.

Man after attaining the first stage of Vitark enters into the second one, the Vichar (act of thinking). To make improvement in his faculty of thinking he must have full control over his two Indriyas (i. e., eyes and ears or the faculties of seeing and hearing) which lead everyone to worldly affairs. Saint Patanjali says that if the ears be shut out from external sound and made to hear the internal harmony and the eyes be closed and made to see the Inward light (at the Focus of two eyes) or in other words if the power of these two faculties be sent back to the place whence it comes, their source will be traced to a centre of light called Manas (The organ of will power). This state is called Aanand—Nugat (happy state).

By Dr. BHAGWAT DAIL A. M. I. A. Sc.,

Death.

1. Death is the lot of all.

2. Though the body of a man may die, yet he continues to exist.

3. If there be no continued existence, death becomes the greatest calamity that can befal a man. Man will undergo any sacrifice to prolong his life. But there is no death, nothing dies, there is survival after death, and there is an after and better life.

4. Death, which is considered to be the greatest calamity that can befal a man, is in fact, the greatest of God's blessings to his creatures.

5. If man has really a future life, then the fear of death becomes a delusion; and the so-called greatest calamity of man is shorn of its terrors.

6. Death will come to every man born in this world sooner or later. That he has to lead a life after death, where he has to answer for his actions in his world; that all evil deeds in this world disturb his spirit in his after-death life; and peace for the spirit is so essential in the spiritual world to get free from all earthly contamination.

7. God has made everything uncertain about the destiny of man. People know not when they will have to leave this earth, nor do they know what will become of them after death. It is for this that death, though universal, is considered the most terrible infliction that can befal mankind, to avoid which, man will undergo any sacrifice.

8. God has given man the power to discriminate good from evil, and he grows by the exercise of this discriminating judgement. So it is a blessing that man has to remove ignorance and acquire knowledge, by his own exertions; and it is also a blessing that he does not know when he will be carried off to the other world. A man who knows for certain that he will die after a certain number of years, loses all motive for evil. If he knows for certain that he will die on such a date, he will cease to have any interest in the affairs of the world, in the affairs of life.

9. The plan of God is that men must find things for themselves for that would benefit them in two ways. They would make their life happy by the successful search and grow by the exertion.

10. This present time of the world breathes egotismous the taint of self, the hide, worship of money corrodes all life, all thought, all feeling. For vulgar cash the fairest and noblest scene of nature are wantonly destroyed without public protest; the earth created in beauty, is made hideous, parents and children, wives and husbands are ready to slay each other for a little gold. Heaven is barred out, God is denied and destruction darkens over the planet, known to all angels as the sorrowful star. Therefore, be no longer blind, millionaire, whose millions have ministered to self, without relieving sorrow. For when she world is totally corrupt, when self is dominent, when gold is man's chief

ambition, when purity is condemned, and when love is mocked and God forgotten, the end is near.

11. Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away and the last thereof: but he that doeth the will of the Father, abideth for ever.

By Mr. A. G. SEN F. I. A. Sc.

Physical Culture.

By Mrs. MARY E. TEATS, F. I. A. Sc.,

Physical Culture is most emphatically an important requisite for a sound body. "The brain worker must balance his activities through physical exercise; while the manual worker must balance his through mental exercise." But high thinking and plain, simple living, with plenty of water, inside and outside, abundance of fresh air, and systematic, deep breathing, the avoidance of narcotic poisons in all forms, and a strictly pure life in thought and action are the main essentials necessary for the building of a "sound mind in a sound body."

And, you do not necessarily need to go through a college or a university (good and greatly to be desired as the privilege is) to secure these basic requisites. With a fair inheritance you can possess this blessing, of "a sound mind in a sound body," no matter what may be your occupation, whether employed in store, factory, shop or on the farm. Some of our greatest statesmen and men of affairs have not had the advantages of a college or university education. Our Saviour was a carpenter, and selected His apostles from the working class of people. Don't understand me to mean that a good education is not an important factor in one's life. Far from it! But I would urge you not to be discouraged because you may not have had such a privilege. Put a high value upon yourselves, wherever you are, and improve every opportunity—yes, and make opportunities—to improve yourselves in every possible manner, and are bound to succeed.

Ideals.

The men and women who have led civilization upward and onward have been those who, through the darkness, saw a glimmer of approching light; a progress from evil conditions to better; from seeming failure to positive success, till beautiful ideals have become glorious realities. All progress in civilization, whether it be in business, ethics, education, or religion, has come about through the maintenance of and the endeavor to attain high ideals.

You should have exalted thoughts and your ideals in life should he high, bure, noble and true.

Self-Culture Union.

Would you be at peace? Speak peace to the world.
Would you be healed? Speak health to the world.
Would you be loved? Speak love to the world.
Would you be successful? Speak success to the world.

For all the world is so closely akin that no one individual may realize his desire except all the world share it with him.

And every Good Word you send into the world is a silent mighty power, working for Peace, Health, Love, Joy, Success to all the world—

Including yourself.

Key Thought for Tele's Sychy Meditation.

For August—September and October.

:o:

I am, humane, kind and loving to my fellow, beings my fellowmen and the lower orders. of creation.

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